

# 71 Affirmations for Self Love

1. My life deserves to be full of peace and love.
2. Happiness and joy is a part of who I am.
3. There is power in what I pay attention to. I choose to notice what's good in me.
4. My life is for me, not for others. I deserve to make decisions that make me happy.
5. When I fail, I choose to be gentle with myself.
6. I allow myself to release all guilt, shame, and regrets.
7. Every day, I see myself grow wiser. Every day, I change for the better.
8. Who I am is exactly who I need to be.
9. When I feel stressed, I remind myself that my natural state is joy and love.
10. I choose to trust myself deeply.
11. Rather than worry what others think, I choose to live my life for me.
12. In every way, I am already enough.
13. I choose to cultivate positive thoughts about myself.
14. I'm allowed to have needs and express them.
15. I choose to be kind to myself.
16. Rather than follow the expectations of others, I choose the path that's right for me.
17. I love who I used to be, who I am, and who I'm becoming.
18. When I look back on past versions of myself, I feel warmth and gratitude.
19. Taking time for self-care is not the same as being selfish.
20. Sometimes, I feel emotionally turbulent. That's okay. I allow myself to feel all feelings.
21. I know that courage isn't the absence of fear, it's taking action in the face of fear.
22. My own approval is worth more than the approval of others.
23. When I look at my life, it's incredible how much I've grown.
24. My life is full of harmony.
25. I walk through the world feeling loved, by myself and by others.

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26. If I want to change, that's okay. But I don't have to change in order to love myself.
27. I'm allowed to set boundaries and expect others to follow them.
28. My voice deserves to be heard, and my feelings deserve to be shared.
29. Today, I choose joy.
30. I deserve happiness and inner peace.
31. All people make mistakes. I'm a good person.
32. Good things are coming for me.
33. I am calm, happy, and content.
34. I'm allowed to say "No" to protect my energy and time.
35. Perfection isn't possible. All I expect from myself is to try.
36. I am proud of myself.
37. I deserve everything good coming my way.
38. I send unconditional acceptance to myself.
39. I'm striving to be my best self, but I accept all versions of me.
40. I aim to be as kind and tender to myself as I would to a dear friend, or a child.
41. I allow myself to take time to heal.
42. I release myself from stress.
43. Not everything in life goes according to plan, but through it all, I love myself.
44. I give myself permission to choose what's best for me.
45. I accept every part of myself – the good and the bad – unconditionally
46. I seek to recognize the person I truly am, and allow that person to grow and flourish
47. Today, I feel light and at ease.
48. Everything I need is already within me.
49. Today, right now, I choose to believe in myself and love myself.
50. I am worthy of respect. I treat myself with respect and expect others to do the same.

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51. I am worthy of love without accomplishing anything. Just existing is enough.
52. I'm improving the world through my interactions with others.
53. My vision for my future is powerful, and I deserve to expect the life of my dreams.
54. My past doesn't define me. I'm defined by who I'm becoming.
55. An incredible transformation is happening within me.
56. Every day, I grow into a better version of me.
57. I choose to release myself from destructive thought patterns and negative thoughts.
58. I am worthy of forgiveness. I choose to forgive myself.
59. I notice what feels like an obligation in my life, and release myself.
60. I choose to associate with people who make me feel better, and allow those who don't to drift away from my circle.
61. Although I've made mistakes, they don't define me.
62. I have something of value to give to the world just by being me.
63. I choose not to compare myself to others.
64. I know what truly matters, and allow myself to prioritize those things.
65. Happiness is within me, waiting for me to choose it.
66. I am human. Everyone makes mistakes, and I am no different. But I am still worthy of love.
67. When I'm hard on myself, I make the choice to treat myself like a dear friend instead.
68. Every mistake I've made and every difficulty I've faced has made me who I am today.
69. I'm capable of change.
70. I'm excited to see where my life takes me, and who I become.
71. This is my one and only life, and I deserve to make decisions that make me happy.